

Effect of emotional expression method type on subjective happiness

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Abstract

This study was a cross-sectional reaserch that analyzed the effect of emotional expression type on happiness level with structured questionnaires. A total of 186 participants in the study were in their 20s to 60s. Data collection was received from those who voluntarily agreed to the study from September 1 to 15, 2021. The collected data were frequency analysis, t-test, and regression analysis with spss 18.0. As a result of the analysis, it was found that people who perform superficial acts disguised as emotions were less satisfied with their current life ($t=-10.482, p<0.01$). People who do inner behavior showed high levels of happiness. These results suggest the following: It can be seen that in order to improve effective happiness, it is required to actively and truthfully act in a physical environment.

Keywords: *Emotional expression type, Happines, Surperficial behavior, Inner behavior*

1. INTRODUCTION

Humans have a basic desire to live a happy life. The concept of happiness has been used in various terms such as high quality of life and satisfaction with life, and is an individual's subjective evaluation of one's entire life[1-2]. Looking at psychological research so far, happiness has been viewed as a subjective cognitive and emotional judgment on an individual's own life. In other words, it has been argued that psychological factors such as personality have a greater influence on happiness than economic abundance or objective health conditions[3]. So far, psychologists have argued that a happy life is a life in which people frequently experience everyday pleasures, not a life in which they experience dramatic events that trigger strong emotions, and that everyday life events have a more important influence on happiness than dramatic events[4]. Based on the research so far, it can be seen that happiness is not created by special events, but is determined by relatively stable internal characteristics of an individual, such as an individual's personality that is felt in an individual's daily life[5]. Based on this, this study tried to reveal how the level of happiness appears according to the emotions expressed in everyday life.

Happiness is a feeling of well-being in the emotional aspect that is subjectively perceived in an individual's life[6], and experts in happiness research have defined subjective happiness emotions as three dimensions of life satisfaction, positive emotions, and negative emotions[1]. According to this study, people's subjective feelings of happiness are higher when they help them to be in harmony with others, and good social relationships like this can increase feelings of happiness. People experience a variety of emotions throughout

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their lifetime. Even in the same situation, each person feels different emotions depending on their mechanism, and in a situation where some experience anxiety, some experience depression, and some experience fear, some may not be aware of how they are feeling. In general, 'emotion' is a word that expresses the inner state of mind such as joy, sadness, fear, and fear, and is expressed as emotion, mood, feeling, and sentiment. Emotion is a sudden reaction of the body organs accompanied by the behavioral elements of the physiological, mental, cognitive and behavioral elements of our body. [7]. Feeling expressed in the Korean New Korean Dictionary is defined as a mental phenomenon such as joy, sadness, anger, fear, pleasure, and displeasure that occurs according to an object or state [8]. It is said that the reason that women have more subjective happiness and satisfaction than men is because men and women have different social roles or because women express more emotions than men [9]. Emotional expression is also divided into emotional states that appear through daily life or emotional qualities or emotional energy that are continuously produced in the form of daily interactions [10]. The definition of emotion is largely divided according to a psychological point of view and a sociological point of view. It is mainly referred to as 'emotion' from a psychological point of view and 'emotion' from a sociological point of view. From a psychological point of view, emotion is defined as 'a state of an organism accompanied by physical changes, and a state of excitement and agitation caused by intense feelings and impulses' [11]. This view regards emotions as culturally universal and innate responses. On the other hand, sociologists view emotions as a response to a situation rather than a physiological response, and focus on emotions that persist for a relatively long time in social relationships. In particular, it emphasizes the sociocultural causes, conditions, and contexts in which emotions occur, and pays attention to specific socialized emotions such as guilt and shame that do not appear in facial expressions. Emotions are not only states of the inner mind, but also have insignificant influences on perception, judgment, memory, and communication. In other words, the perception, judgment, and memory differ depending on the emotions one has for the object in relationships and interactions with others, and the information processing style also changes according to the emotional state [12]. Because humans are social animals that live in relationships with people, they live and grow through relationships. Compared to the desire for healthy interpersonal relationships, people often experience conflicts due to relationships [13]. There is freedom and unfreedom in emotions. People may express their emotions voluntarily, or they may be forced to express their emotions for the sake of others. Freedom and unfreedom coexist. If a robot can do it for you, humans don't have to do emotional labor. But can pain and joy be separated? People cannot escape the duality of freedom and restraint of the body. Freedom loses meaning if it is not bound by the body. If the body is not sensitive to pain and suffering, even when joy comes, it will be greeted with humility [14]. Looking at emotions in the light of Korean culture, Koreans have traditionally tended to evaluate that people who are weaker than them say that they have many excuses, talk too much, or respond back when they talk about their feelings about an event [15]. In particular, the current generation of parents in Korea prohibited their children from expressing their emotions. In another study on emotional expression, an experiment was conducted to connect verbal/non-verbal emotion-stimulation and verbal/non-verbal emotional response in order to recognize and name verbal/non-verbal emotional expressions. Low-ranking people had lower results than those who did not perform their assigned tasks [16]. Because of these characteristics, people who have difficulty in expressing their emotions cannot accurately recognize and name their subjective emotions, which limits their ability to control their emotions and causes them to transmit their emotional stress very poorly to others. As a result, they may not be able to get their help, and as a result of this lack of emotional sharing, it may have become increasingly difficult for them to recognize their emotions [17]. As such, subjective happiness or subjective well-being is an individual's subjective evaluation of his or her overall life, and it has elements of life satisfaction, which is a cognitive aspect, and corrective and negative emotions, which are emotional aspects.

Subjective happiness is objective and not determined by external conditions, but has internal subjectivity in one's experience, and is an overall and integrated judgment about life [18-19]. As such, subjective happiness can be viewed as a complex with a hierarchical structure rather than a single construct. As a specific study on emotional expression, the human emotion studied by Hochschild et al. [20] was used as a tool. According to Hochschild et al., "surface acting" refers to changing one's own emotions in order to express the emotions demanded by the organization or by focusing only on external emotions such as facial expressions, behaviors, and attitudes rather than trying to actually feel those emotions. It refers to expressing false emotions that are completely different from the actual emotions [20]. Therefore, when performing superficial actions, people express their emotions reflexively and mechanically without making an effort to match their actual emotions with those required by the organization [21]. As described above, the surface action can be called a response-focused emotion regulation because it simply reacts to an appropriate emotion without awareness or understanding of the situation in which the emotion occurs. For example, in response to a customer's unreasonable request or rude behavior, employees often hear polite speech, a smiling face, or a friendly attitude to customers, pretending to be polite, rather than trying to turn their negative feelings into positive ones. These superficial behaviors refer to passive attitudes toward emotional regulation as an act of controlling emotional expression only superficially and deep acting is an effort to actually experience the emotions required by the organization when they need to be expressed [22].

Based on the above literature review, the specific objectives of this study are as follows. First, the emotional expression and level of happiness according to the demographic characteristics of the study participants were identified. Second, the correlation between emotional expression behavior (surface behavior, internal behavior) and happiness level is analyzed. Third, the effect of emotional expression on happiness is identified.

2. METHODS

The research was a cross-sectional survey to analysis the effect of emotional expression method on happiness level among people in their 20s to 60s. This research collected data online using structured questionnaires and the data collection period was from September 1 to 15, 2021. Consent for participation in the study was indicated on the questionnaire and only those who understood the purpose of the study and voluntarily agreed to participate. Using SPSS 18.0 statistical programs, data analysis was performed using frequency analysis, t-test, Pearson correlation, Regression analysis.

2.1.1 Emotionsal expression type

There are inner behavior that try to truly feel the emotions that must be expressed largely and superficial behavior that disguise the emotions that must be expressed [20]. The emotional expression behavior tool was measured by pretending to be an emotion that is not actually felt using the emotional labor scales of Kruml et al., and Brotheridge et al., [23-24] as a superficial behavior, and an inner behavior when trying to actually feel the emotion required by the organization. There are 11 measurement questions and they were rated to be 4 points scale (1 point: not at all, 5 points: very much so). Examples of the questions include "I did my best to feel the positive emotions I had to express to the other person," and "I expressed feelings different from what I actually feel when dealing with the other person."

2.1.2 Subjective well-being

Happiness measurements tool was developed by Fordyce [25] was translated by SR Yoo [26]. The happiness

index scores 4.2 to 100, and averages the scores obtained from happiness test No. 1 (satisfaction with life), No. 2 (general happiness level), No. 3 (satisfaction with daily life), No. 4 (current life survey), and No. 5 (emotional meter). The happiness index calculation method is based on the number of points received in the happiness test No. 1 multiplied by 10 (10-100 points) and the number of points, the number of points received in happiness test No. 2 multiplied by 10 (0-100 points), the sum of the 10 scores from happiness test No. 3 (10-100 points), the final score of No. 4 happiness tests (0-100 points), to the final score of No. 5 happiness tests (1-100 points) then after adding all five (No. 1-5), divide the total by five. In this study, the higher the overall happiness index, which is the average of subjective happiness scale scores, the higher the subjective happiness.

3. RESULTS

3.1 General Characteristics

Frequency analysis was conducted to confirm the general characteristics of the study participants (Table 1). As a result of the analysis, 25.8% of men and 74.2% of women were in their 20s (6.5%), 24 (12.9%) were in their 30s, 30s (16.1%), 90 (48.4%) were in their 50s, and 30s (16.1%) were in their 60s. As for the degree of education, 12.9% of high school graduates and 87.1% of college graduates. As for religion, 29.0% were protestant, 25.8% Catholic, 9.7% Buddhism, 6.5% Other, and 29.0% None. Currently, 102 people (54.8%) lived in Seoul, 48 in Gyeonggi-do (25.8%), 24 in Jeolla-do (12.9%), and 12 in Gyeongsang-do (6.5%).

54.8% of respondents said they drink occasionally, 25.8% said they don't, and 12.9% said they drink frequently. 67.7% of those who did not smoke, 9.7% of those who smoked and 22.6% of those who quit smoking. Economic (25.8%) and art (25.8%) were the most interested areas, politics was the least interested (3.2%), and exercise was the most common (38.7%) and 22.6% said they did not at all.

Table 1. General Characteristics

Variable	Type	N(%)	Variable	Type	N(%)	
Gender	Male	48(25.8)	Residential area	Seoul	102(54.8)	
	Female	138(74.2)		Gyeonggi	48(25.8)	
Education	High school	24(12.9)		Jeolla	24(12.9)	
	College	162(87.1)		Gyeongsang	12(6.5)	
Age	20s	12(6.5)		Alcohol	Frequently	24(12.9)
	30s	24(12.9)			Sometimes	102(54.8)
	40s	30(16.1)	No		48(25.8)	
	50s	90(48.4)	Others		12(6.5)	
	60s	30(16.1)	Yes		18(9.7)	
Religion	Protestant	54(29.0)	Smoking	No	136(67.7)	
	Catholic	48(25.8)		Quit	42(22.6)	
	Buddhism	18(9.7)	Interest area	Politics	3(3.2)	
	Others	12(6.5)		Economy	48(25.8)	
None	54(29.0)	Culture		30(16.1)		
No	42(22.6)	Science		24(12.9)		
Exercise	1/wk	42(22.6)	Art	48(25.8)		
	2-3/wk	72(38.7)	Others	30(16.1)		
	Daily	30(16.1)				

3.2 General characteristics according to age

Cross-analysis was performed to confirm the general characteristics according to age (Table 2). As a result of the analysis, politics was most interested in people in their 60s, economy in their 50s, culture in their 30s and 60s, science in their 30s, and art in their 50s ($\chi^2=.000$). Among those who answered that their hobbies were reading, those in their 50s were the highest in their 50s, and those in their 50s were the highest in listening to music, Twelve (28.6%) in their 60s, 12 (28.6%) in their 50s, 6 (14.3%) in their 40s, 12 (28.6%) in their 30s, and 0 (0%) in their 20s. On the other hand, 30 people (16.1%) in their 60s answered that they exercise every day, and 0 (0%) in their 20s. Currently, when asked about smoking, 9.7% of all respondents said they do it, but it was found that those in their 30s do it the most. Those in their 30s and 50s were the highest in responding to drinking frequently(50% each). On the other hand, those in their 60s who responded that they couldn't drink were the highest($\chi^2=.000$).

Table 2. General Characteristics according to age

Variable	Age					Total	χ^2
	20s	30s	40s	50s	60s		
	N(%)	N(%)	N(%)	N(%)	N(%)		
Interest area	Politics	0(0)	0(0)	0(0)	0(0)	6(100)	.000
	Economy	0(0)	6(12.5)	12(25)	18(37.5)	12(25)	
	Culture	0(0)	0(0)	6(20)	12(40)	12(40)	
	Science	6(25)	12(50)	0(0)	6(25)	0(0)	
	Art	6(12.5)	6(12.5)	0(0)	36(75)	0(0)	
	Others	0(0)	0(0)	12(40)	18(60)	0(0)	
	Reading	0(0)	0(0)	0(0)	30(83.3)	6(16.7)	
Hobby	Music	6(25)	0(0)	6(25)	12(50)	0(0)	.000
	Exercise	6(20)	6(20)	12(40)	0(0)	6(20)	
	Painting	0(0)	0(0)	6(33.3)	12(66.7)	0(0)	
	Making	0(0)	6(20)	0(0)	24(80)	0(0)	
	Others	0(0)	12(25)	6(12.5)	12(25)	18(37.5)	
Exercise	None	0(0)	12(28.6)	6(14.3)	12(28.6)	12(28.6)	.000
	1/week	6(14.3)	0(0)	12(28.6)	24(57.1)	0(0)	
	2-3/week	6(8.3)	12(16.7)	0(0)	42(58.3)	12(16.7)	
Smoking	Daily	0(0)	0(0)	12(40)	12(40)	6(20)	.000
	Yes	0(0)	18(100)	0(0)	0(0)	0(0)	
	No	6(4.8)	0(0)	24(19.0)	72(57.1)	24(19.0)	
Alcohol	Quit	6(14.3)	6(14.3)	6(14.3)	18(42.9)	6(14.3)	.000
	Frequently	0	12(50)	0	12(50)	0	
	Occasionaly	6(5.9)	6(5.9)	30(29.4)	60(58.8)	0(0)	
	No	6(12.5)	6(12.5)	0(0)	18(37.5)	18(37.5)	
	Others	0(0)	0(0)	0(0)	0(0)	12(100)	12(6.5)

3.3 Relationship between emotional expression and happiness

Pearson correlation analysis was conducted to confirm the correlation between emotional expression behavior (surface behavior, inner behavior) and happiness level (Table 3). As a result of the analysis, the surface behavior is happiness 1, current life happiness ($r=-.611$, $p<0.01$), happiness 2, usually feel happy ($r=-.643$, $p<0.01$), happiness 3, daily life happiness ($r=-.421$, $p<0.01$), happiness 4, current life happiness ($r=-.225$, $p<0.01$), and happiness 5, happiness emotion ($r=.144$, $p<0.01$) were statistically and meaningfully correlated with each other. In terms of inner behavior, happiness 1 ($r=.147$, $p<0.05$), happiness 2 ($r=.331$, $p<0.01$), and happiness 5 ($r=.356$, $p<0.01$) were found to have a statistically significant correlation with each other.

Table 3. Relationship between emotional expression and happiness

	1	2	3	4	5	6	7
1. Surface behavior.	1	-.027	-.611**	-.643**	-.421**	-.225**	.144*
2. Internal behavior.		1	.147*	.331**	.097	.033	.356**
3. Current life happiness.			1	.759**	.550**	.312**	.094
4. My usual happiness.				1	.500**	.283**	.117
5. Everyday happiness.					1	.322**	-.068
6. Current happiness in life.						1	.132
7. Feelings of happiness.							1

*. The correlation coefficient is significant at 0.05 level (both sides).

** . The correlation coefficient is significant at level 0.01 (both sides).

3.4 Effects of superficial behavior on happiness

A simple regression analysis was conducted to confirm the effect of surface behavior disguised as emotions on the level of happiness (Table 4). As a result of the analysis, it was found that the surface behavior affects happiness 1 ($p<0.01$), happiness 2 (0.01), happiness 3 ($p<0.01$), and happiness 4 ($p<0.01$). Happiness 1 refers to the degree to which people are satisfied with their current life, and those who act on the surface have low satisfaction with their current life ($t=-10.482$). Happiness 2 refers to the degree of happiness that people usually feel, and the degree to which they usually feel happy is lower than that of those who do not act on the surface ($t=-11.381$). Happiness 3 means the satisfaction of daily life, and it was found that people who perform surface actions have lower satisfaction with daily life than those who do not perform surface actions ($t=-6.301$). Happiness 4 is a question about current life, and it was found that people who act on the surface have lower satisfaction with current life than those who do not act on the surface ($t=-3.140$).

3.5 The effect of inner behavior on happiness

A simple regression analysis was conducted to confirm the effect of inner behavior trying to express emotions truthfully on happiness (Table 5). As a result of the analysis, it was found that inner behavior affects happiness 1 ($p<0.05$), happiness 2 ($p<0.01$), and happiness 5 ($p<0.01$). Happiness 1 refers to the degree to which people are satisfied with their current life, and those who perform inner actions are found to be satisfied with their current life ($t=2.009$). Happiness 2 refers to the degree of happiness that people usually feel, and the

degree to which they usually feel happy is higher than that of those who do not act ($t=4.755$). Happiness 5 refers to the degree of recent emotions, and it was found that people who do not act inside have a higher feeling of bright, hopeful, and peaceful recently ($t=5.175$).

Table 4. Effects of superficial behavior on happiness

Independent variable	Dependent variable	Non-standardization coefficient		β	t	p	Statistics
		B	SD				
Surface behavior	Constant	108.669	3.507	-	30.989	.000	$R^2=.374$,
	Happiness1	-13.984	1.334	-.611	10.482	.000	Modified $R^2=.370$, F=109.863, p=.000
	Constant	105.103	2.846	-	36.927	.000	$R^2=.413$,
	Happiness2	-12.323	1.083	-.643	11.381	.000	Modified $R^2=.410$, F=129.517, p=.000
	Constant	85.880	2.646	-	32.460	.000	$R^2=.177$,
	Happiness3	-6.342	1.006	-.421	-6.301	.000	Modified $R^2=.173$, F=39.701, p=.000
	Constant	62.814	1.814	-	34.625	.000	$R^2=.051$,
	Happiness4	-2.167	.690	-.225	-3.140	.002	Modified $R^2=.046$, F=9.857, p=.002
	Constant	48.786	3.169	-	15.395	.000	$R^2=.021$,
	Happiness5	2.382	1.206	.144	1.976	.050	Modified $R^2=.015$, F=3.903, p=.050

*, $p < 0.05$, **, $p < 0.01$

Table 5. The effect of inner behavior on happiness

Independent variable	Dependent variable	Non-standardization coefficient		β	t	p	Statistics
		B	SD				
Inner behavior	Constant	66.134	3.716	-	17.795	.000**	$R^2=.021$,
	Happiness1	2.210	1.100	.147	2.009	.046*	Modified $R^2=.016$, F=4.037, p=.046
	Constant	60.449	2.972	-	20.339	.000**	$R^2=.109$,
	Happiness2	4.182	.880	.331	4.755	.000**	Modified $R^2=.105$, F=22.605, p=.000
	Constant	66.725	2.461	-	27.110	.000**	$R^2=.009$,
	Happiness3	.960	.728	.097	1.318	.189	Modified $R^2=.004$, F=1.738, p=.189
	Constant	56.652	1.578	-	35.910	.000**	$R^2=.001$,
	Happiness4	.209	.467	.033	.448	.655	Modified $R^2=-.004$, F=.200, p=.655
	Constant	42.356	2.536	-	16.700	.000**	$R^2=.127$,
	Happiness5	3.884	.751	.356	5.175	.000**	Modified $R^2=.122$, F=26.778, p=.000

*, $p < 0.05$, **, $p < 0.01$

4. CONCLUSION

This study attempted to understand the effect of emotional expression on subjective well-being. The emotion control behavior tool used in this study consists of an inner behavior that tries to truly feel the emotion to be expressed and a surface behavior that disguises the emotion to be expressed. Happiness tools consist of life satisfaction, general level of happiness, satisfaction with daily life, current life questionnaire, and emotion meter. [25] The higher the overall happiness index, the higher the subjective happiness. As a result of this study, 25.8% of men and 74.2% of women were women in general characteristics, so it is necessary to consider the results when interpreting them. As for the age, 6.5% were in their 20s, 12.9% were in their 30s, 16.1% were in their 40s, 48.4% were in their 50s, and 16.1% were in their 60s, but the study is meaningful as it targets more diverse age groups than other researchers. Currently, 54.8% of people living in Seoul, 25.8% in Gyeonggi-do, 12.9% in Jeolla-do, and 6.5% in Gyeongsang-do have tried to secure surveys as residential areas nationwide. Pearson correlation analysis was conducted to confirm the correlation between emotional expression behavior (surface behavior, inner behavior) and happiness level. As a result of the analysis, it was found that people who perform superficial actions disguised as emotions were less satisfied with their current life ($t=-10.482$). In addition, it was found that the degree to which one usually feels happy was lower than that of those who do inner actions that try to express emotions truthfully ($t=-11.381$), and the satisfaction of daily life was lower than that of those who do not ($t=-6.301$). In addition, as a question about current life, it was found that people who act on the surface had lower satisfaction with current life than those who do not act on the surface ($t=-3.140$). The results of this study are similar to those of [27], which analyzed existing studies on happiness. It is said that subjective feelings of happiness are genetic and stable, but can change over time, and happiness can be promoted by positive daily events. Therefore, in order to promote effective happiness, it is required to actively and truthfully perform inner behavior in a physical environment [27]. Based on the above results, it was found that people who do inner actions that try to express their feelings truthfully in expressing their emotions had a high level of happiness. Therefore, based on the results of this study, it is intended to limit the development of an appropriate inner behavior emotion expression program by classifying one's emotions by atmosphere, age, and gender without disguising one's emotions in social life.

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